

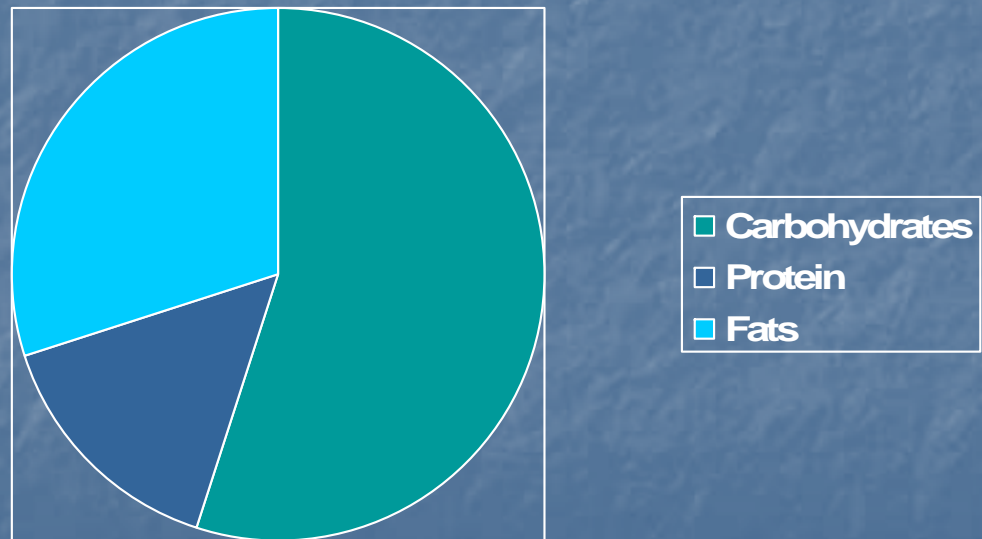


Dietary Guideline #6
**Carbohydrates
and
Fiber**



Big Piece of the Pie

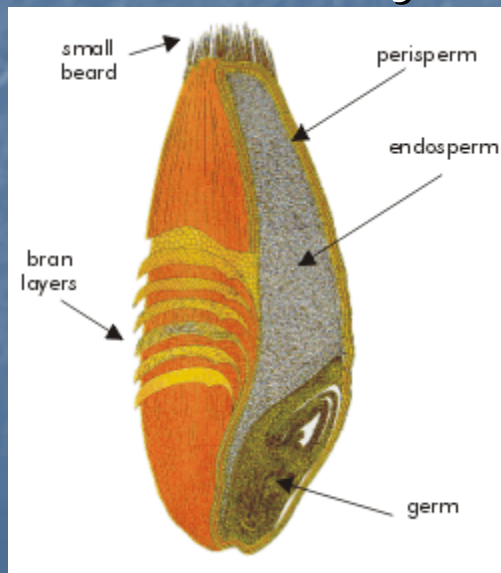
- It is recommended that 45-65% of our diet should come from carbohydrates.



Fiber

- What is it?

- Fiber is composed of **NON-DIGESTABLE** carbohydrates.



- Why eat it?

- Fiber rich diets have many benefits including decreased risk of **CORONARY** heart disease, **REGULARITY**, and even lowering the risk of Type 2 **DIABETES**.



Types of Carbohydrates?

- Sugars
 - Sugars are both naturally found in some foods and other times it is ADDED as sugar itself and also as SYRUPS.
- Starches
 - Starches are carbohydrates that supply energy.



It is more healthy to choose carbohydrates that are **NATURALLY** found in foods like fruits, vegetables, **MILK** and whole **GRAINS**.



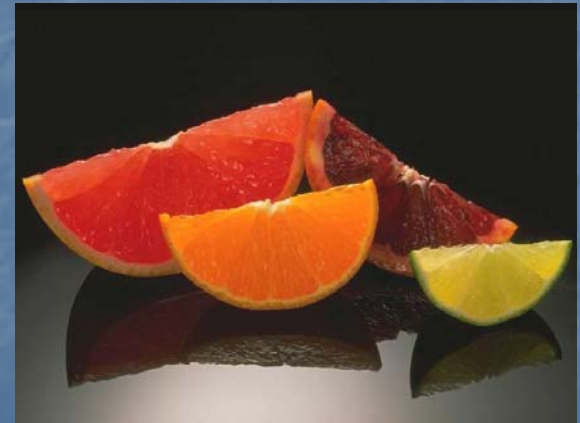
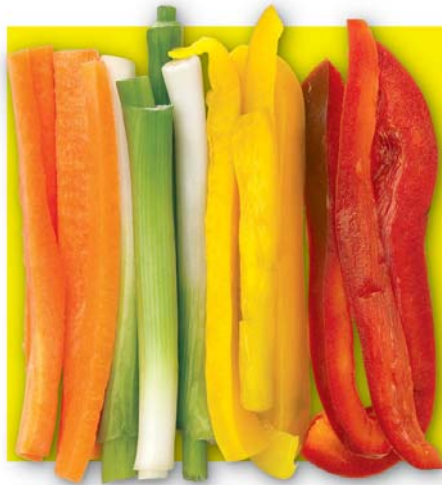
LEGUMES-What are they???

- LEGUMES are dried beans and peas and should be eaten SEVERAL times per week.
- LEGUMES are a good CHOICE of carbohydrates, they are full of FIBER and complex carbohydrates.



Key Recommendation #1

- Choose FIBER-RICH fruits, vegetables, and whole grains often.



Key Recommendation #2

- Choose and prepare foods and beverages with little ADDED sugars.



Key Recommendation #3

- Reduce cavities by practicing good ORAL hygiene and consuming sugar rich food less OFTEN.

